

# 风为百病之长

中医之“风”，藏行于体内，且踪迹不可寻；需助其释放，否则可致数病

**中**医里所谓的“风”，通常是由日常生活中的刺激和压力造成的。病理上的“风”被认为是有别与“气”的。在此意义上，内部或肝脏之“风”通常表现为紧张、思想混沌、头晕眼花、身体颤抖或战栗等症状。

在传统中医药学中，“风”和五行之“木”元素息息相关。按五行与人体内脏对应顺序来看，“风”对应的是肝脏和胆囊。当“木”的能量停滞或是缺乏时，人体内部就会产生“风”，因而导致情绪不稳、战栗、失眠、头痛、及瘙痒等症状。通常情况下，它会被称作内部之“风”，或为肝脏之“风”。

“风”，是一种阳性病原体。可全年发病，而春季尤其是“风”病最为盛行的季节。

“风”，性情多变，飘忽不定；通常影响身体的上半部分，尤其是头脑。

“风”通常被认为和其他不利因素紧密结合：如寒冷，酷热，潮湿和干燥。

## “外部之风”与“内部之风”：

在传统中医里，“风”可源于外部的不平衡力量，或是产生自人体内部，并造成更多的长期失衡现象。

传统中医里有“八风”之说：心风、肝风、脾风、肾风、胃风、首风、漏风、泄风。在《黄帝内经》中关于节气和“风”的

关系，有以下说法，“以春甲乙伤于风者为肝风，以夏丙丁伤于风者为心风，以季夏戊己伤于邪者为脾风，以秋庚辛中于邪者为肺风，以冬壬癸中于邪者为肾风。”

外部之“风”，通常与敏感性相关，并伴有风寒或风热现象。“风”和所有病源都有关联，尤其易与寒冷和高热相伴。它可以渗透到人的经脉和肌肤，弱化人的免疫系统，使人容易患风寒型或风热型感冒。

内部之“风”，多由人体自身产生，原因如压力，亏空，或长期受“外部之风”影响，都可导致其滋生。在本文中，就“内部之风”或“肝风”进行分析。

## “内部之风”症状

- 情绪不稳定
- 紧张
- 失常的行为举止，平衡性差
- 颈部僵硬
- 头痛
- 头晕眼花
- 面部瘫痪或抽搐
- 耳鸣
- 心悸
- 突发性症状或病变
- 周身疼痛

- 颤抖
- 瘙痒
- 皮肤病
- 手脚麻木或颤抖
- 下肢不宁综合症
- 睡眠时不自觉行为
- 注意力缺乏症
- 舌部僵直或失语症
- 多浓痰
- 眼睛上翻
- 痉挛抽搐
- 帕金森综合症
- 麻痹
- 突然丧失意识/昏迷

## “风”病之治愈方法：

关于“风”主要需牢记的是：它必须要排出体外。如果，你的眼皮跳动，而你想使它停下来，做法就是让眼皮去跳，直到“风”散发出来。

使用药物来控制像眼皮跳动或是头晕等症状的话，只会使“风”更加深入的进入身体，而不是将其排出体外。

一定要找到途径释放体内的“风”。

- 任其释放：“风”游走于人体之中且动向不明。它需要在人体上找到出口以释放自己。可使内部之“风”得到“自由”的途径如有以下几种：睡前完全的放松眼睛；定期的晃动手脚；转动颈部做放松运动。
- 尝试一些无意识的或者本能的动作来释放内部之“风”，例如跳舞或者写日记。
- 锻炼：通过定期的锻炼可释放内部之“风”；可令情感稳定，休息也更加深入。

- 休息：完全的休息有助于人身心的平静；它可使内部之“风”停下脚步，从而帮助人体充电。
- 按摩有助于肌肉放松和心神解放：是否曾经有过手脚不自主的动作？那就是内部之“风”被释放的表现。
- 微笑：微笑有助于“内部之风”的释放。
- 许多中草药中含有丰富的矿物质，如牡蛎壳：矿物质有稳定心神和解决“内部之风”的功效。其中，矿物质镁尤其有助于使内心平静。
- 小苏打水泡浴：在热水中放入各0.5千克的苏打水和盐；将身体浸入水中20到30分钟；在入浴前后喝一些水。这样有助于治疗各种皮疹，瘙痒，或蚊虫叮咬等症状。
- 针灸：那些细小如触须的针，有助于释放人身体及精神上的“风”。
- 避免过分刺激性饮食：如居于榜首的辣味、甜食或是咖啡因类饮食。
- 深思：沉淀思想有助于平静内部之“风”。精神的平静也有助于身体的放松。

# WIND in TCM

*In TCM, Wind hides and moves within human body, and its tracks cannot be easily found. Wind, the theory goes, must be released from the body; otherwise it can cause many diseases. By Ken Rosen, M.T.C.M*

**W**ind, in Traditional Chinese Medicine, commonly results from too much stimulation or stress in your daily life. This concept of wind is different from intestinal gas. Internal or Liver Wind in TCM has more to do with nervousness, unfocused thoughts, dizziness, shaking, tics or tremors in the body.

In Traditional Chinese Medicine, wind is associated with the wood element, which in turn is associated with the liver and the gallbladder. When the wood energy becomes stagnant or deficient, internal wind can be generated, leading to emotional instability, tremors, and insomnia, headaches, and itching. It is often referred to as “internal wind stirring” or “liver wind.”

Wind is a Yang pathogenic factor. It occurs all year long, but is most prevalent in the season of Spring.

Wind is easily changeable, erratic, and has an upward effect on the body, and especially the mind.

Wind is also said to easily combine with other evils such as cold, heat, damp, and dryness.

In Traditional Chinese Medicine, wind can be an unbalancing force from the exterior environment or can be generated inside the body and cause more chronic imbalance.

Wind from external sources is associated with susceptibility to catching a cold or flu. Wind combines easily with all evils but especially cold or heat. It penetrates your channels and skin, weakens your immune system, leaving you vulnerable to colds (wind cold) or flu (wind heat).

Internal wind is generated by your body because of stress, deficiency, or chronic exposure to external wind. This internal wind, or liver wind, is the focus here.

## Manifestations of internal wind:

- Emotional instability • Nervousness
- Erratic behavior or movements, unstable balance
- Neck rigidity • Headache
- Dizziness • Bell's Palsy/Facial tics
- Ringing in the ears/Tinnitus
- Palpitations

- Abrupt onset to symptoms and variable
- Pain in the body that moves from place to place
- Shaking/Tremors
- Itching
- Skin diseases
- Numbness or trembling of hands and feet
- Restless leg syndrome
- Involuntary movements while asleep
- Attention deficit disorder
- Stiffness of tongue and inability to speak
- Frothy sputum discharge
- Insomnia
- Upward starring eyes
- Convulsions/Seizures
- Parkinson's disease • Paralysis
- Sudden loss of consciousness/Coma

## Remedies for a wind pattern:

The main thing to remember with wind is that it has to get out of the body. So, if you have an eye twitch that you try to control, let go of it so the wind can disperse.

Using medications to suppress conditions like an eye tic and dizziness will push the wind further into your body.

Wind must find expression.

- Let go – wind moves around and is erratic. It needs to find a way out of the body to express itself. Work on letting go of any internal wind by relaxing your eyes fully before sleep, regularly shaking out your legs and arms, rolling your neck.
- Practice some unconscious or instinctive movement to give wind expression. Could be dance or journal writing.
- Exercise – through regular exercise, internal wind is released. Emotions are stable. Rest is deeper.
- Rest – solid rest helps quiet our minds and our bodies. It stills wind, helps recharge the batteries.
- Massage helps relax muscles and free internal wind. Ever have an involuntary movement of a leg or an arm during a massage? This is internal wind being released.
- Laughter – Laughter really is the best medicine as it helps vent wind and ease the mind.

- Many herbal substances in the Chinese material medications – like oyster shell – are rich in minerals. Minerals help anchor spirit and settle internal wind. Magnesium is particularly useful in helping calm internal wind.
- Baking soda bath. In a hot bath, use equal parts baking soda and salt; about 0.5kg of each. Submerge your body for 20-30 minutes. Drink water before and after bath. Great for any skin rashes, itchy skin, or bug bites.
- Acupuncture – those little needles are like antennae; they help to expel the wind from your body and mind.
- Avoid food and beverages that are overly stimulating. Spicy flavors, sugar, and caffeine are at the top of the list.
- Meditate – stilling your mind helps calm internal wind. Shaking out the tree of your mind creates stillness throughout your body.

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引自《黄帝内经·素问》之“生气通天论篇第三”：“故风者，百病之始也，清静则肉腠闭拒，虽有大风苛毒，弗之能害，此因时之序也。”

*“Wind is at the beginning of something because it is a first movement, the beginning of a movement, like an agitation or excitation.”*

*Quote from: The Liver by Claude Larre and Elisabeth Rochat de la Valle, Monkey Press, P37*

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引自《黄帝内经·素问》之“针解篇第五十四”：“人心意应八风”

*“Peoples' emotions and minds change often.*

*This is similar to the eight unpredictable winds of Nature.”*

*Quote from: Huang Di Nei Jing Su Wen, Chapter 54*